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Continuum of care of clonazepam misuse prescription in mental health psychiatry outpatient clinics: A project from KSA

Etdal Eitoum

University of Khartoum, Sudan

Clonazepam is belong to a large group of medication called Benzodiazepine. It has a variety of clinical indications including Anti-anxiety, sedative, anticonvulsant and muscle relaxant. However it is one of the Benzodiazepine with high potency and potentially addictive. Therefore, the delicate balance between using and misusing are always a concern for the physician

Objective: To Control and minimize the risk of clonazepam misuse prescription in the psychiatry outpatient clinics at the one of the largest tertiary care center in Riyadh, Saudi Arabia.

Methods: This prospective project was conducted in the outpatient setting of mental health department at king Faial specialist hospital & Research Centre, Riyadh; targeting 49 patients following in one clinic out of five modules & taking clonazepam as shown in their records. The subjects were followed & their pattern of clonazepam use is surveilled From August 2015 up to date.

All data were collected from patient visit and medication refill visits, as well as any ER visits or refill done in any other non-psychiatry clinics.

In addition to basic demographic information, duration, frequency of prescription of clonazepam use, as well as the reason it was noted. All patients passed through four phases protocol for management of benzodiazepine misuses.

Results: Out of 49 patients 16 patients (11 male and 4 female) are using the clonazepam regularly as instructed by physician. The age range from (30-65 years with duration range (1year to 18 years). The outcome of this study result in decrease unscheduled visit and emergency visit. In addition, there was a decrease in violent behavior at work place.

Conclusion overall this project proves to mental health department ,the possibility to monitor the controlled medications in effective way ,assuring the safety for the patients & reduce the load of unscheduled patients who come for clonazepam refill .The project will be adopted to include all psychiatric outpatient clinics in the hospital in the next phase .

Biography

Eitoum Etdal has completed her RN,BSN,MSN at the age of 40 years from University of Khartoum Faculty of Medicine School of Nursing and she joined Kingdom of Saudi Arabia-Riyadh King Faisal Specialist Hospital&Research Cente since 1992 up to date as register nures RN. She is the Psychiarty Nurse Coordinator of Mental Health Department,. She has published continuum of care of clonazepam misuse prescription mental health psychiatry out patient at King Faisal Hospital& Research Centre

eeltoum@kfshrc.edu.sa

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